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Nation

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A 'civilized' beginning

by Will Nicholls

There exists the possibility of Cree self-government within five years. We will be looking at Cree governance that reflects our values, culture and way of life. The tentative agreement recently negotiated with the federal government (which still must be ratified in a referendum) finally recognizes the Grand Council as a regional government, with a plethora of new powers to add substance to the stature.

Some of this Cree governance will have to be accepted and approved by the federal government, however.

With that in mind I would like to point out that the roots of Cree and Canadian governance derive from similar roots. Many Cree and non-Cree alike may find this idea to be ridiculous.

I remember Richard Le Hir, then a Hydro-Quebec spokesman, saying that he would be willing to learn from First Nations if he thought he had anything to learn from them. He questioned whether they even had civilizations. This, is a more common assumption than many would believe. The view that First Nations were more primitive than the colonizers is not a new one and is one of the underlying principles of the Manifest Destiny crowd.

In truth, if you look at the roots of western civilization you inevitably come to the Greeks, who, the history books tell us, established the principles of democracy.

In those days, the states of Greece, such as Athens and Sparta, were no larger than small towns or the equivalent in size of six city blocks. The populations were at most 3,000 or so and they were very much like Cree communities of old. For example, bragging of your hunting abilities in Cree society was frowned upon. In Greece, it was the same as if a man bragged he could stand on one leg longer than any other: he was driven away as any goose could beat him at that. So at the same time as moderation was practiced so was the acknowledgment that other species had their own superior abilities in both societies.

Crees recognized no master over themselves but the tallyman in their own territories. Just as the Greeks ensured that everyone had a say in affairs of day-to-day life so did the Crees. In both societies, everyone knew everyone else and were familiar with the animals and land around them. In all they did, their efforts were judged by those around them, as even they strived to better life for all those in their respective communities.

As with Cree chiefs of old, each Greek community would elect a chairman whose duty it was to ensure everyone had a chance to express their views.

Mistakes were made in an evolving society. Look at the example of Greek lawyer Draco. He was asked to provide a set of laws for the Greeks but they were so harsh they could not be put into effect. This is where the term Draconian derives from. Another Greek, Solon, offered a code of laws that reflected the will of the people.

In the past, Cree custom and laws reflected the will of the people and even today are being translated into by-laws and custom as needed. New agreements the Crees entered into have at times changed traditional methods and custom of the Cree. In this learning process mistakes have been made but great accomplishments have been realized as well. Such things show the Cree form a vibrant and growing nation which knows that the rule of survival is in not being frozen in time.

From Rome, another forefather of western "civilization," the word Senate is derived from the senex, meaning an old man. So, even in Rome the Elders were respected and an important part of governance.

Far from having no "civilization," Cree have roots that are quite similar to the foundations of western "civilization" in terms of governance. This, in itself, shows that as a people and a nation, the Cree have a right to decide the form of their own governance and as such it must be on their own terms and desires.

Contents

editorial

A 'civilized' beginning 3

rez notes

The Travelling Willies 4

news

Mistissini man killed 5

Cree arts fest 7

In brief 9

feature

Basketball camp 10

Gun safety 15

Hunting fashion 17

Balancing conservation 21

Under the Northern Sky

Nature's power 23

rez notes

The Travelling Willies

At the time of this writing, I've been on the road for three and a half weeks and gradually becoming accustomed to the ways of the urban nomad, foraging at fast food joints and finally understanding why McD's has sold billions upon billions of patties. I've been achieving the zen of laundromatting, the place where even presidents of airlines have to come at least once a week. I've been feeling the pavement crack under my heat-blistered feet.

The road, when used to escape the price gouging of the Far North and single mindedness of one-horse towns, becomes both friend and foe. Statistically speaking, far more accidents occur on dry land than in the air. That's because far more people prefer to drive or have no choice but to hit the road for trips longer than the trek to the grocery store.

The road leads to more roads, however, and the choice of where you want to go becomes nearly limitless. Passing through various towns, I see the physical difference in each area. Conversely, the physical similarities of each face I encounter seems to diminish when the population is less than a few thousand souls. Perhaps marrying outside the county is harder when the family vehicle is a Harvester International.

Ah, the country life, tending to cows and corn... Slowly, the tree-dotted farmland gives way to a skyline of a four-story building, looming out of the smoke of some manufacturing plant that relies on constant feeding of billions of trees. Entering prototypical Smallville, downtown appears nearly instantly and we're catapulted into some Harlem of the north. Loud music and scantily clad ladies of the night appear regularly, making my daughter ask me why everyone dresses like Bratx or some new fad doll.

Sadly, I being more knowledgeable of hipwaders than haute couture, explained that just like dollmakers everywhere, they have to make money, too. The clothing represents their work and I left it like that.

Taking a cab, the driver tells me how much he appreciates our business when we come to town. We are not cheap fares and tip generously, he says, not like some small town hicks he knows. Sometimes, it pays not to have things taken for granted, he adds, that many other small towns should benefit from our insane need to shop 'til we drop at every mall we come across.

Passing small towns takes practice. The quick 15-second tour then wilderness again, dealing only with wandering potential road kill. Speaking of road kill, the porcupine is a favourite snack and makes for endless fun shaking down the critters from their tree tops. Many a Cree delight in the brief break from suburbia for a good old bloodletting session before heading out for further adventures.

One sad factor I see in small towns is that the number of good folks relying on asking for favours to get by, often on the hourly basis, is increasing. Small crime scenes are becoming more and more often dangerous for those who are innocent and naive. Children are now becoming targets for those wanting to take advantage of selling stolen goods or even abduction.

Smallville disappears when we leave to head off to our final destination, some theme park where everything is escapism. More often than not, escaping from reality costs a lot more than reality itself. But, not thinking of anything other than having fun becomes addictive and it's hard to shake off the good times when returning to work after the vacation is over.

Today, after 6,000 kilometres recorded on my debit card, I think back to the time when a vacation or road trip meant going fishing or camping. I know that those days can still be there, but hey, that's the life we live: fishing, hunting and trapping. So a trip into Smallville could take the edge out of living the weekend paradise at some secret fish hole.

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Canada

Mistissini radio voice is silenced

Police investigating whether charges should be laid in hit and run death of Willie Trapper

by Steve Bonspiel

A well-respected Mistissini man who worked for the James Bay Cree Communications Society was killed in a hit and run accident August 25. Willie Trapper, 39, died after he was last seen walking beside a foggy highway 113 from Waswanipi towards Chibougamau early that morning.

Police intercepted the suspects' vehicle around 5 am, according to Surete de Quebec spokesperson Chantal Mackels.

"The person [driving the car] probably felt something, but didn't know whether it was a person or an animal and they did not stay on the scene to make sure it wasn't somebody," she said, reading from the report. "There might be charges, but we still don't know if there will be."

The incident happened on route 113 at Kilometre 243.

A few days after the Nation spoke with Mackels, she confirmed that alcohol and "substances" were found in Trapper's system. The SQ is investigating to determine if he was lying on the road when hit or standing on the side of it. These factors will determine if the police will lay charges.

The suspects were both sober at the time, according to the SQ, and were not given a breathalyzer test.

If it can be proven that the suspects knew they hit a person and not an animal, they could be on the hook for involuntary manslaughter. They are also performing an autopsy to determine what exactly caused his death.

Upon closer examination of the scene of the accident by *the Nation*, no brake marks or tire tracks of any sort were found.

Police would not release the identities of the driver or the passenger, except to say that they were male and female.

"He was seen at two o'clock that morning at the flashing orange light intersection near the community," said Waswanipi Police Chief Tommy Grant. "He was right in the middle of the highway walking towards Chibougamau, past the garage. From where he was seen to where he was found was about two kilometres so he did walk quite far."

Grant said Waswanipi police officers Donovan Saganash and Michael Blacksmith almost hit the body due to poor visibility while on patrol.

"Like a lot of people, I'm going to miss him and miss his voice on the radio," said long time friend Bertie Wapachee, who met him when Trapper's family used to visit Nemaska when he was young. "He loved his job and he was good at it. They won't be able to replace him and the way he did his job. He was fun to listen to and he knew how to throw in some humour once in awhile."

Jeff Spencer, Mistissini hockey coach, volunteer firefighter and business owner, said Trapper will not only be missed by those who knew him personally due to his regional radio work on JBCCS.

"I considered him a friend, he was a really likeable guy," Spencer said. "He was always keen on what was going on with the different youth that were out playing. He was very up on our youth in hockey and sport. Whenever I called in from wherever I was across the country, I would give him an update and he would find the time and have the interest to do it."

"I'M VERY SORRY FOR HIS FAMILY AND FOR THE COMMUNITY OF MISTISSINI AND FOR THE CREE NATION. WE LOST A GREAT VOICE FOR THE NEWS AND THE FUN STUFF,"

Willie Trapper at work.

Wapachee said Trapper, who people knew better as Wallow, is going to be missed by all.

"I'm very sorry for his family and for the community of Mistissini and for the Cree Nation. We lost a great voice for the news and the fun stuff," said Wapachee.

Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Yummy Chocolate Drizzle Brownies

Ingredients

3/4 cup	unbleached all-purpose flour	175ml
1/2 cup	natural cocoa powder	125ml
1 tsp	baking powder	5ml
1/2 tsp	baking soda	2.5ml
3 1/2 oz	peeled banana	105g
6 tbsp	light brown sugar	90ml
6 tbsp	spoonable brown sugar substitute	90ml
1/2 cup	unsweetened apple juice	120ml
1 tsp	pure vanilla extract	5ml
1/2 tsp	chocolate extract	2.5ml
4	large egg whites (at room temperature)	
1/2 tsp	salt	2.5ml
1/4 cup	chocolate chips	50ml
	vegetable cooking spray	

Directions

1. Preheat your oven to 350°F (180°C). Lightly coat an 8-inch (20 cm) square baking pan with cooking spray. In a medium-sized bowl combine your flour, cocoa, baking powder, and baking soda.
2. In a blender or food processor, combine the banana, brown sugar, apple juice, vanilla and chocolate extracts and process until smooth. Using a rubber spatula, fold this mixture into your dry ingredients.
3. Using an electric mixer set on medium-high speed, beat the egg whites and salt until foamy. Increase the speed to high and beat until soft peaks form. Fold half of the egg whites into your batter. When they have been blended in, fold in remaining egg whites just until mixed. (Don't worry if a few specks of white still show.)
4. Scrape your batter into the pan and spread evenly. Bake in the centre of your oven for 30 to 35 minutes, or until the brownie springs back when gently pressed in the middle. Let cool in the pan on a rack, then cut into 12 squares.
5. Heat chocolate chips in a 2-cup (480 ml) glass measuring cup in the microwave for about 30 seconds. Stir with a small wooden spoon until all the chocolate is melted, then drizzle over your twelve brownies. Enjoy!

Nutritional Analysis per serving (one brownie):

Calories:	101	Carbohydrates:	20g
Protein:	3g	Dietary fibre:	2g
Total fat:	2g	Sodium:	213mg
Saturated fat:	0.9g		

Northern

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The Union

Fighting for Northern Quebec Worker's Rights

Biggest ever Cree arts and music fest is a huge success in Chisasibi

By Steve Bonspiel

The amount of talent in the Cree Nation is extensive; from sports to traditional pursuits to the arts, there is no shortage of it. A few months back Bertie Wapachee and Roy Neacappo decided to get together to help foster and promote their Cree artisans in hopes of creating the biggest show the Cree Nation has ever seen.

A lineup that included Cree legend-in-the-making musical band CerAmony, artist Natasia Mukash and Litefoot, a rap artist and motivational speaker who flew in all the way from Seattle Washington, the three day Cree Arts Festival, which was held August 8 –10, was sold out each night to the tune of over 1000 spectators at Job's Memorial Gardens in Chisasibi.

"The intent was to do something big and create one of the biggest shows in the Cree Nation by making it an annual event," said co-organizer Bertie Wapachee.

"But it's not just a music festival, it's a gathering of the arts. Our idea was to start somewhere by having all these people come together and celebrate their talent and to have the chance for the rest of the Cree Nation get to know them."

Major sponsors like the Grand Council, and the Cree Nation Arts and Craft Association helped contribute to the $100,000 budget.

The festival was years in the making as it started out as a simple idea in Wapachee's head years ago. It was based on the annual Mamuunika mutau music festival of old.

"It was an idea that was put to rest for awhile," said Wapachee. "A few months ago Roy (Neacappo) and I talked about doing a dream concert and he basically had the same ideas as me, so we went ahead and put something together and that's how it all started."

"It motivates the youth, especially in the arts field," said Roy Neacappo, the Recreation Director in Chisasibi and co-organizer of the fest. "We had all genres of music from places like moose Factory, as well as comedy and some great artists. It was a huge success."

The Grand Council was in town for the Annual General Assembly and they used the opportunity to make the announcement that an awards ceremony, similar to the Aboriginal Achievement Awards, would be held in two years time and every year after that.

While still in the preliminary stages, the GCC promised $80,000 towards the creation of the first Cree Nation Achievement Awards Foundation.

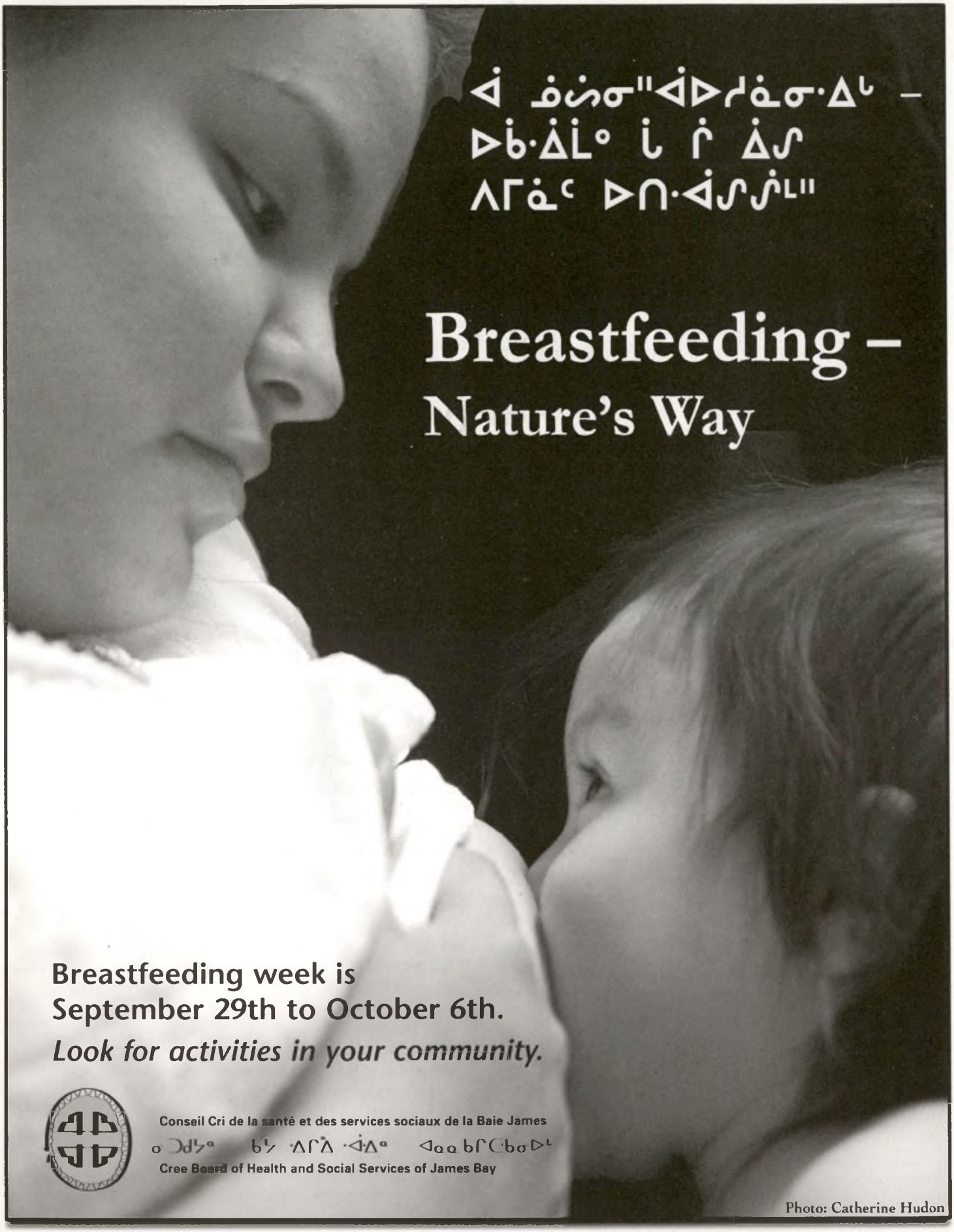
"One of the first awards might be a lifetime achievement award," said Wapachee. "There are a number of people who deserve it and I think it would be a good thing to celebrate the lives of our achievers and contributors to our society. It would certainly have an impact on our Nation."

"I'm also hoping that there would be a chance to recognize top students in the Cree Nation," he said. "The great thing is our people will start to look around for achievers."

Wapachee was tight-lipped on whether there would be a monetary prize to the winners as he said it is too early to say.

He stopped short of mentioning who would be on his list for a lifetime achievement award, but he added, "Some of these people have done remarkable things to change our society at different points and were a part of history in many cases. Their stories need to be told, shared and celebrated."

"We have to recognize the contributions people have made to our society, whether it be in music, politics, business or language and culture. I think all those things would be in the categories. I'm looking forward to it."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Breastfeeding –
Nature's Way
Breastfeeding week is
September 29th to October 6th.
Look for activities in your community.
Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay
Photo: Catherine Hudon

Canada seeks passport exceptions for seniors, Aboriginals

The Canadian government has asked U.S. officials to make an exception for seniors and Aboriginals on its imminent requirement for passports to cross the border.

Aboriginals recognized by Ottawa should not have to get a passport, say the feds, despite the fact that Canada does not recognize the 1794 Jay Treaty, which guaranteed certain Nations, like the Mohawks, free passage to and from the U.S.

Ottawa also suggested an alternative plan for emergency workers and medical evacuation cases.

The U.S. will require passports next summer from people entering the country by car or boat. They currently require passports only from people who travel to the States by air.

Canada wants the deadline extended and is currently trying to reach a deal that would see high-technology driver's licenses accepted as well at land and sea border crossings.

In 2006, there were nearly 160 million cross-border visits and $710 billion US in two-way trade.

Quebec rains grants on Nunavik

Provincial Health Minister Philippe Couillard has announced that the Quebec government will spend $36.4 million to protect children from abuse and violence in Inuit communities.

The infusion, announced August 24, is part of the more than $170 million the province pledged to the area during the two-day Katimajiit Conference in Kuujjuaq. Federal, provincial and Inuit leaders talked about ways to bolster the region and the future of Inuit generations to come.

The new cash will be used to provide more services and to hire and house social and medical workers.

Quebec also announced more funding; $27.5 million for economic development, a $9 million fund to help lower the costs of transportation in the region, an $8 million contribution toward a project to expand the airstrip at Puvirnituq, and $2.8 million for marine infrastructure in 14 communities, to name a few.

The announcements come less than a month after the Inuit signed a self-government deal that would see them take over health and education in Nunavik and give them municipal powers like taxation.

Ottawa rejecting claim forms

"Unofficial" residential school forms that were distributed by Regina lawyer Tony Merchant to many residential school survivors in a class-action lawsuit to settle the issue of past abuse are being rejected, according to the Indian Residential School Resolution Department.

"This was done without the permission of the official court administrator or the government of Canada," a background document on the department's website says.

But Merchant claims that this is another example of the government dragging their feet. The Department announced that survivors have to wait until September 19 for the official applications.

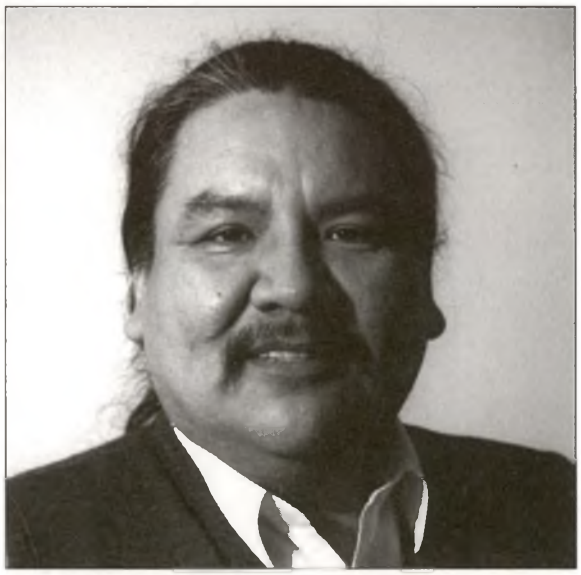
Tens of thousands of former students suffered physical, sexual or emotional abuse at the schools, which were typically run by the church groups with full support of the federal government.

The 70,000-plus surviving former students will receive a "common experience" payment, averaging about $28,000 each.

The government says any unofficial forms that are sent in will be returned in the mail, but Merchant cited the health of his clients, some of which are at an advanced age, as reason to fast track payments.

Chisasibi Chief shown the door

Abraham Rupert ousted after two terms



Roderick Pachano

Roderick Pachano has defeated Chisasibi Chief Abraham Rupert and will now take over the reins of the Cree Nation's largest community.

Rupert led his people over two terms through two major agreements, a battle for the beloved Rupert River and numerous other battles including his staunch stance against the Paix des Braves Agreement.

He was defeated 375 ballots to 285 in an election many thought would be much closer.

Returning officer Thomas Shem declared Pachano the winner on August 27.

The community also voted on an election change for this year that will see the appointment of the new deputy chief and councillors taking place at a later date. The two separate elections are slated to happen on September 20.

feature

Basketball camp moves up the coast

Whapmagoostui youth get rare chance to learn from a pro

By Steve Bonspiel

Many of Whapmagoostui's youth learned vital lessons over three days, including drug and alcohol prevention and the importance of sport in teaching those lessons at the Second Annual Basketball Camp.

The August 16-18 camp, which was held in Mistissini last year, was sponsored by the Cree Health Board and organized by Youth Healing Services Director Gord Hudson.

By the second day of the camp, Hudson and a throng of helpers that included ex-pro basketball player Titus Channer from Waswanipi and Minnesota Timberwolves General Manager Rob Babcock, had already had a profound effect on the community.

"Steve Boudrias, the Deputy Chief of Police, came to me and said 'I was on patrol last night and we didn't have any gang incidents or kids on the street or vandalism,'" Hudson told *the Nation*.

"The parents said their kids were in bed by nine o'clock. This works. Engage the kids, keep them busy; make them active. Have things for them to do in the community and you won't have the problems that exist. It doesn't take much time, it just takes somebody to get up and start doing it," he said.

Hudson has pioneered various camps in his four years plus in Mistissini, but this one went further than last year's. The 2007 version had Louise Logue, from the Ottawa Police Department's Drugs and Gangs Division, give the kids fun lectures on drug and alcohol prevention through a Jeopardy-style game.

"A mother came up to Louise Logue last night and said thank you," Hudson said. "She said, 'Three of my five kids are in the camp and they came home last night and they came up to me and told me that they didn't want me to use cocaine anymore.' She said thanks for that because she didn't really realize what she was doing and that her kids cared. So maybe that will stop her from doing it. It's a pretty powerful thing when you have one of your children come up and ask you not to do that anymore."

Logue fell in love with the community during her first visit and was already planning to be back again next year. She has witnessed first hand other camps that have not worked as well as this one in the past. What ends up happening is the kids lose interest and they don't hear the message, she said. But this one is vastly different.

"All too often people want to do workshops and kids should just sit there and listen to people talk about drugs and stuff. That was a style that came in years ago and really should have gone out as soon as it came in," she said.

"Kids need to be actively involved and engaged. What we're doing is bringing kids in through the medium of sports. What we're doing in the drugs and alcohol prevention and health promotion class is engaging them in learning. They're playing games; they're drawing pictures. They're coming up with creative media messaging in how they want their community to be drug free."

Logue also said that her 30-plus years of experience with youth demonstrate that the key to children's success lies within their own family.

"Parents should be the number-one line of defence for any child," she said. "The parents should be the ones advocating and encouraging and inspiring their child. They should be engaged and interested and concerned."

The camp also incorporated a fitness component that allowed the kids to exercise while learning proper fitness and

THE PARENTS SHOULD BE THE ONES ADVOCATING AND ENCOURAGING AND INSPIRING THEIR CHILD. THEY SHOULD BE ENGAGED AND INTERESTED AND CONCERNED.

eating habits with George Chiappa, Provincial Director of the National Strength and Conditioning Association.

Rob Babcock headed the basketball portion of the camp as he put the 170-plus kids through various passing and shooting drills. Babcock's sons Chris and Nate also helped out. He talked about the importance of family.

"I'm fortunate enough that my children have not had to go through the things that some of these kids have. I have worked a lot in my career in the NBA with kids at risk, in the inner city mainly. I also did a bit of work on reservations in the United States. The problems are similar, although the isolation is not the same," he said.

Titus Channer, who hails from Waswanipi but currently lives in Toronto, has played basketball for various teams in Europe for many years. He also competed alongside two-time NBA MVP Steve Nash for Team Canada at the 2002 World Championships. He said he wants to share his experience with the kids.

"I set goals and have reached them successfully playing basketball. I try to teach them what I learned and my experiences traveling all over the world playing basketball."

Channer has conducted other camps in Eeyou Istchee and he sees the positive results they produce first hand.

"I run a camp called Rising Stars with a friend of mine. It's good to give back to the community. I was brought up on the reserve, so just to get them motivated, active and for them to have a good time doing it – that's why I've been doing it for seven years," he said.

He hopes his success in life makes the Cree youth strive for something better. From growing up in a small Cree community to traveling around the world was obviously a huge difference for Channer, but it made him grow as a person and allowed him to get to where he is today.

"Traveling gives you the opportunity to understand different cultures, not just your own," he said. "Just to see different races and different places across the world, it is amazing. Because of basketball I got a chance to meet people and interact with different cultures."

Roger Sandy, Whapmagoostui's Director of Band Operations, got in touch with Gord Hudson and almost begged for the camp to be held in his community. He was overjoyed by the kids' behaviour.

"I think the discipline really had an impact," said Sandy. "The way kids are when you put them in a big space – they usually talk and don't listen – but Gord structured them so they had to listen. They were respectful and I was impressed by that."

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Sandy hopes that the ills that plague his community will be dealt with more seriously in the future, citing Whapmagoostui's isolation as a major factor in the community "getting left out."

"I think it was an excellent project for our community," he said. "We were really happy to meet with Titus. He's a Cree who played pro basketball and no Cree has ever made it that far, so we were excited to meet him."

Sandy mentioned that the band is currently looking for other projects involving Channer that would help train high-quality athletes while raising the self-esteem of the youth.

"The chief and council supports the youth of this community and they want to do what's best for them," said Sandy. "I encourage all the Cree communities to pursue these types of events because we have to target our youth for the betterment of our Nation."

letters

Re: Open letter by Charlene

I would like to say Thank you to Charlene. Your letter is so true. I thank you for sharing your story. Yes, there are many problems within families, abuse. I am a woman who is in this situation. I suffer with the abuse of drugs and alcohol from my husband. I can say that I love him, but not to the extent of true love. I have lost that a long time ago. Now that I have children, I see them suffering with the daily abuse (mentally, physically, spiritually and financially) and arguments in my home with my husband. I want to be happy. I want my children to be happy. I want US to be safe. I agree with Charlene, CHB should consider womens' shelters in the communities. We don't want to leave our communities. We just want a safe place to go to when we need it. I sure do not want to go to Chibougamau, Montreal or Val D'or, away from my home. Family violence is an issue that we all need to discuss and that we need to stop hiding it.

I may call myself "anonymous" now, but I am working on myself and my children. Maybe some day I will reveal myself and tell the world, that "I am a survivor of abuse."

God Bless All The Women Who Suffer Abuse In The Cree Nation. We will make a difference. We will stand strong together.

Sharing is good and *the Nation* is a good place to let our feelings go.

Thank you *the Nation* for standing with US WOMEN.

Anonymous

Re: Abuse, gangs and change

A few of my points and statements were not clarified as they were supposed to be. Firstly, I do thank Steve for taking time to interview me on the issue of bullying. It is a huge problem in our communities that desperately needs to be addressed. Not as a youth council, nor a band council but as a community!

We always say, "It takes a community to raise a child." It's long overdue: practice what you preach!

I am not trying to be mean or disrespectful but it does not take much to grab some ideas, get a momentum, and dedication to get something done! "Taking Back the Streets" was a day we set aside to have for children. We did not parade around town to state that regardless of bullying and gangs we were taking everything back. It was a day for those it affected that YES, we are here and ready to take back the streets and make them safe.

My view is get to those who will carry it out in the long term. Children! To those who know me, my heart has forever been beating at my passion to help our youth/children.

I was a troubled youth, a bullied child growing up, but it does not dictate my adulthood in any negative manner. Instead of becoming bitter, I learned. I learned that just as much as the bully hurt me was just as much as he/she was hurting.

These are some of the issues we need to think about and finally put into action. Much of what I have heard, "Well, we tried BUT...." But what people? That is an excuse! My heart and soul is and will be working towards change!

It's about time we do something about the seriousness of bullying before any misfortune befalls us. Not as a Community but as a Cree Nation. Wemindji formed a Task Force Committee. I want that committee up and going again. Someone once told me, "We cannot change what isn't there." Now let me ask you: Is there an issue of bullying that needs our attention?

For years, we have spoken about it but what has been done? A few awareness weeks, a parade maybe, a radio show perhaps but has it been ongoing? No! Why not? Because we need dedication, insight, vision and passion!

Cree Nation: Declare you are part of a Cree Nation and you receive such passion in the declaration alone. So declare passion! The problem is right there, just growing as we watch and do nothing. Is that where our passion is? In supervising growing problems? I certainly hope not.

I proudly declare I am part of a Cree Nation who CAN and WILL make changes for the better. We need to instill that in who it affects most. Our children and youth, our future! But first, we need to set an example! It is our duty.

At this time, I would and have said this before: "Instead of complaining about it, do something about it!"

My name is Shannon, I am the Youth Chief in my beautiful community of Wemindji and I'm declaring I am part of that Cree Nation who CAN and WILL make change!!

God Bless you all.

Shannon Atsynia, Wemindji

GCC Canada CRA/ARC

NOTICE OF REFERENDUM

1. On July 16, 2007, Grand Chief Matthew Mukash of the Grand Council of the Crees (Eeyou Istchee) and the Honourable Lawrence Cannon, Minister of Transport, Infrastructure and Communities, on behalf of the Honourable Jim Prentice, Minister of Indian Affairs and Northern Development, announced that the Chief Federal Negotiator and the Chief Cree Negotiator had concluded, subject to approvals by Canada and by the Cree, a proposed *Agreement concerning a New Relationship between the Government of Canada and the Cree of Eeyou Istchee* (the proposed Agreement).
2. Notice is hereby given of a vote by Referendum of the Cree on whether to approve the proposed Agreement.
3. The Referendum Question will be as follows: *Do you approve the proposed Agreement concerning a New Relationship between the Government ofCanada and the Cree of Eeyou Istchee?* **Yes/No**.
4. Any person whose name appears on the Register of Cree beneficiaries maintained by the Province of Quebec pursuant to Sub-section 3.5 of the James Bay and Northern Quebec Agreement (JBNQA) and who is at least eighteen (18) years of age on the last day of the Referendum Period (namely, October 12, 2007) is an Eligible Voter in this Referendum. An Eligible Voters List has been established. Any person may enquire of Mr. Frederick Moar, Local Referendum Officer, at the address, phone/fax numbers ore-mail address listed at point 14 of this Notice, to find out if their name is on the Eligible Voters List.
5. If you believe you meet the criteria to be an Eligible Voter, but your name does not appear on the Eligible Voters List, this may be because your name also did not appear on the Register of Cree beneficiaries maintained by the Province of Quebec. If you nevertheless wish to vote in this Referendum, you must apply to the Quebec Registrar of the James Bay and Northern Quebec Agreement Beneficiaries for inscription of your status as a Cree beneficiary under the JBNQA. ***Prompt attention to making such application is imperative***. While the Referendum Committee is making representations to the Quebec Registrar to give due attention to the timely processing of such applications, the Referendum Committee does not control the process of inscription on the Quebec Register. Any applications for inscription on the Quebec Register that are approved prior to the first principal polling day, October 1, 2007, will result in a similar addition of that person's name to the Eligible Voters List for this Referendum. Inquiries for inscription of a person's status as a Cree beneficiary on the Quebec Register may be directed as follows: **Referendum 2007 Office for Registration of Cree Beneficiaries of the James Bay and Northern Quebec Agreement**, 81 Metcalfe Street, Suite 900, Ottawa Ontario K1P 6K7 Telephone toll-free: 1-888-761-1655
6. The Referendum Period will begin on August 6, 2007 and end on October 12, 2007, unless extended by the Chief Referendum Officer in accordance with the Referendum Rules as a result of a rescheduling of any poll due to unforeseen circumstances.
7. English and French versions of the proposed Agreement, a summary of it and other materials relevant to the Referendum may be viewed on the website of the GCC(EI) http://www.gcc.ca/ or printed copies obtained by contacting Mr. Frederick Moar, Local Referendum Officer, at the address, phone/fax numbers or e-mail address listed at point 14 of this Notice.
8. During the period between August 13, 2007 and September 28, 2007, information sessions will be held in each of the Cree communities, at the GCC(EI) offices in Montreal and Ottawa and at such other locations as the Referendum Committee may determine. The Local Referendum Officer will post the date and location of the information session to be held in his or her community or the polling centre for which he/she is responsible. This may be subject to rescheduling or delay of start time by the Chief Referendum Officer due to unforeseen circumstances. For a complete list of locations, dates, addresses and times of all information sessions, consult the website of the GCC(EI) or call the toll free number listed at point 14 of this Notice.
9. Eligible Voters may vote by Mail-In Ballot **at any time during the Referendum Period, provided their ballot is returned by the close of polls on the last roving poll day, October 12, 2007**. To obtain a Mail-In Ballot Package, including further instructions on how to exercise a Mail-In Ballot, please contact Mr. Frederick Moar, Local Referendum Officer, at the address, phone/fax numbers or e-mail address listed at point 14 of this Notice.
10. Alternatively, Eligible Voters may vote at a polling centre on any of five "principal polling days", from October 1, 2007 to October 5, 2007 from 9:00 a.m. to 8:00 p.m. or such extended hours as may be ordered for any or all locations by the Chief Referendum Officer in accordance with the Referendum Rules. A poll on any of the above days may be rescheduled by the Chief Referendum Officer for some or all locations due to unforeseen circumstances as set out in the Referendum Rules. Polling centres will be established in each of the Cree communities, at the GCC(EI) offices in Montreal and Ottawa and at such other locations as the Referendum Committee may determine. For a complete list of all locations where polling centres will be established on these dates, and the specific address of each, consult the website of the GCC(EI) or call the toll free number listed at point 14 of this Notice.
11. As a third voting alternative, Eligible Voters whose place of residence is in a Cree community may request the attendance of a roving poll at their place of residence at any time from 9:00 a.m. to 8:00 p.m. (or such extended hours as may be ordered for any or all of these locations by the Chief Referendum Officer in accordance with the Referendum Rules) during roving poll days, which are from October 8, 2007 to October 12, 2007, both inclusive. In each locality where a roving poll will be available, the Local Referendum Officer for that locality will be posting notice of a local telephone number which may be called, on any of the roving poll days, to request attendance of the roving poll. These local numbers will also be posted on the website of the GCC(EI).
12. Following the announcement of the results of the Referendum, Eligible Voters will have five (5) calendar days to request a recount of the Referendum results. Such application must be supported by the signatures of at least fifteen (15) Eligible Voters, and contain the grounds for requesting the recount and any other relevant information. It must be received by the Chief Referendum Officer at the address indicated at point 13 of this Notice before the expiration of the said five-day period. Similarly, fifteen (15) Eligible Voters or more may request a review of the Referendum by the Referendum Committee by forwarding a written and signed request to the Chief Referendum Officer at the address indicated at the end of this Notice within fifteen (15) calendar days after the public announcement of the Referendum results, accompanied by a declaration, containing the grounds for requesting the review and other relevant information.
13. Questions and any matter addressed to the Chief Referendum Officer, Mr. Lawrence Jimiken, may be directed to him at the following postal address or phone/fax numbers: 1 Lakeshore Road Nemaska Quebec J0Y 3B0 telephone: (819) 673-2126; fax: (819) 673-2542; or by Email at: lawrjimi@hotmail.com.
14. Requests for mail-in ballot packages or for more information or for copies of the Agreement may be directed to Mr. Frederick Moar, Local Referendum Officer 81 Metcalfe Street, Suite 900, Ottawa, Ontario K1P 6K7; toll-free telephone number: 1-888-761-1655; fax 1-613-761-1388; or by Email at: fred@chrd.ca.

Lawrence Jimiken, Chief Electoral Officer

Gun safety is job one

Firearms laws also apply to Crees

By Amy German

Anyone who already owns a legal firearm knows that in order to obtain it they need to pass a provincial gun safety course prior to getting their weapon. Whether you are gearing up to take your first gun safety course or it's been some time since you've brushed up your security procedures, read on as you can never be too safe when it comes to guns.

According to Sûreté du Québec Chief Firearms Officer Yves Massé, "Everyone who is going to use a gun needs to take a gun safety course." The course is not optional, it's mandatory.

When asked what was the single most important aspect of gun safety, Massé responded, "Proper storage! Good storage with a safety lock and a good trigger lock is just as important. It's the most important thing and it's what the police look at when they go, for example, to conjugal violence cases. We will always look to see if there are firearms at that address and if the firearms are safely secured."

The provincial gun safety course is geared towards informing the prospective firearm purchaser what they should know prior to purchase. "It is not, however, a training course on how to shoot a gun," said Massé. "It's only a safety course. You don't get to shoot the gun in the course; it's only the theory on the firearm and what to do with the firearm."

The course addresses proper gun-handling procedures and details the different parts of the firearm and what they do, said Massé.

Teens may legally fire guns while hunting, but to own a firearm you have to be 18 years old. Those under 18 must be supervised at all times by the gun's owner. You can not borrow a firearm from somebody else or have somebody that is not the owner supervise the youngster with the firearm.

"You need to be in a position where the owner is always at the side of the youngster when he is firing the firearm," Massé explained. "You have to have perfect control of the firearms at all times so you can really move in and stop the youngster if there is any problems."

When you are out in the bush it is important to remember that even though you may not have a lock box around, there are other places like the trunk of the car or truck you can use to safely store your weapon overnight. "You always need to wear the flare jackets so that people can recognize you and not mistaken you for a deer or a moose or whatever else," Massé added.

Another important thing to remember is not to shoot until you have your target secured and to have an idea as to what may be behind the target. When you fire a gun, it is still possible for the bullet to hit something or someone else behind your shot as sometimes bullets can go through the target.

Massé also insists that weapons should not be loaded while in transit to a hunting camp or site. "You should have a disarmed firearm at all times when it is not in use," he said.

Part of the procedure for registering a firearm in Quebec requires signed references with the application. This law is unique to Quebec but it serves a purpose: the signatories can, should they feel the gun owner is posing a threat to themselves or others, report them anonymously.

You need to be in a position where the owner is always at the side of the youngster when he is firing the firearm. You have to have perfect control of the firearms at all times so you can really move in and stop the youngster if there is any problems.

"They can call us in a confidential manner and say listen, I have written my name down on this registration form but I don't think you should give him a fire arm because he is dangerous," Massé confided. The number to call to report a gun owner who may use the firearm inappropriately is listed on the application form.

Within the Cree communities the Cree Trappers Association is responsible for administering the provincial gun safety courses. Rick Cucivrean of the CTA said courses are usually held upon request. "Ideally we have 15 in a class so if 15 people put their names down then we hold the course," he explained.

The CTA also now offers the provincial hunting course, "Hunting with a Firearm," which is required for Crees should they want to go off territory hunting. It is the same course that is mandatory for non-natives who wish to hunt on the territories. For the time being the gun safety course is free.

GCC Canada CRA/ARC

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Hunting FASHION and fashion HUNTING

THE NATION GUIDE TO STRAIGHT SHOOTING AND LOOKING GOOD (OR INVISIBLE) IN THE BUSH

By Amy German

As autumn dons its vibrant colours, kids return to classrooms and days grow both shorter and cooler, our thoughts turn to stocking up on the food essentials for a long winter. Meat, for example. September is the prime shopping season for the tools and gear we need to hit the bush in our quest to fill the freezer. The Nation is here to help guide you through the ordeal of hunting for the real deals.

With the dramatic weather shifts that northern Quebec can see in the changing seasons, safety is a major priority. The modern hunter knows it's best to keep a Global Positioning System, or GPS, on hand as sometimes it's the only way to find one's way back to camp -- or civilization.

Canadian Tire has a bevy of these beauties, ranging in price from $130 to $500. The Garmin GPS Map 60Cx is top of the line and, for $400, features a 10,000-point automatic track log, built-in celestial tables for sun and moon calculations, the best times to fish and hunt, and is water-resistant.

On the cheaper and more compact side, Garmin also offers the world's smallest handheld GPS receiver with computer interface capability. The Garmin E-TREX GPS features a 12 parallel channel receiver and differential with built-in patch antenna. It will get the job done for only $129. Have a look at both of them at www.canadiantire.ca

Though a firearm is and will remain the Crees' principle hunting weapon, some hunters are turning to archery. Whether you prefer to go it old school with a bow or choose the latest in crossbow technology, there is a certain satisfaction that can be derived out of an archery kill.

For the modern archer, Ten Point is always improving on older models. New this year is the Blazer HP model and the ultra compact Phantom CLS.

The Blazer is a high-performance, high-tech crossbow geared towards those who seek top quality and prestige. It offers up one of the best shots available and shoots up to 311 feet per second. The Phantom was designed with space saving in mind and is 17 1/2-inches wide from axle-to-axle when cocked, But size means nothing when it comes to performance with the Phantom as it promises the same smoothness and accuracy as any full-size crossbow.

Both of these models and many others are available at www.tenpointcrossbows.com/ and at various retailers across the country.

When it comes to guns, Winchester's latest hunting technology can be found in the Super X 3, 3 1/2" With Full Coverage Mossy Oak Brush. One of this rifle's most enticing features is a sleek appearance enhanced by its "Brush Camo from Mossy Oak," making itself almost indistinguishable in the bush.

The Christian Outdoorsman Resource Center has a variety of Bibles designed for outdoor use, come in camouflage colours and some specific models, such as the Duraword WaterProof KJV Camo Bible are even weather proof and are resistant against water, ice, or condensation.

According to Winchester.com, it also offers "40% recoil reduction over inertia-operated guns," and its "dipped camo process offers durability and resistance against corrosion." To find a distributor for this product or any other Winchester product, visit www.winchesterguns.com

What the hunter wears can play a big role. Staying incognito is almost as important as warmth and comfort, which is why there is so much high tech camo gear available on the market.

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Mossy Oak is also one of the only companies to offer products designed to fit in with various types of natural environments. The "Mossy Oak Winter" line, for instance, is designed for snow bound, cold climate hunting. The "Duck Blind" is for grassy duck hunting.

If you are looking for a hunting makeover and wish to buy matching Mossy Oak gear from head to toe, look no further than http://store.mossyoak.com. This site features any and every variety of hunting apparel from vests to pants to even head to toe 3D camouflage outfits which are the ultimate in multi-dimensional camouflage. Call 1-888-MossyOak for more information.

Should you be acquiring a firearm for the very first time, before you even bring it into your home, be sure that you have somewhere safe to store it. Gun storage units can cost as much as $1000 for a large, fireproof gun safe to store many weapons or as little as $150 for a smaller version designed to keep a few guns.

Canadian Tire features a wide variety of gun safes with something for just about any hunter. The Stack On 24 Gun Convertible Fire Safe is the best available at the "Tire," and if you have a large collection, this is an ideal buy as it can store 24 rifles or 16 shotguns and has adjustable shelving.

For the budding hunter, the Stack-On 8 Gun Cabinet is also an ideal buy as it features just as much security as the larger models but its smaller size and price tag of $150 is perfect for someone starting their gun collection.

Both models feature standard 3 point locking system with tubular, key coded lock for added security and are available along with many other models at.www.canadiantire.ca

Blinds are essential to just about any hunter. Featuring a wide variety of Eastman Outfitters products, Le Baron offers a wide variety of blinds to suit just about any budget. Starting with the Charbon Undercover Blind, this large, hub style blind features carbon-activated scent elimination, is easy to assemble and provides a delightful hunting blind experience. Retailing at $160, this blind is both durable and cost effective.

For those who like to go off solo in the bush, the $53 Carbon Rifleman Blind sets up in 30 seconds, is made from waterproof polyester and packs up neatly into a backpack style carrying case. For more information go to www.eastmanoutfitters.com

Finally, for the spiritual hunter who never gets to bring his Bible on the hunt for fear of its colour giving him or her away, fear no more, the Camouflage Bible is now available online. The Christian Outdoorsman Resource Center has a variety of Bibles designed for outdoor use, come in camouflage colours and some specific models, such as the Duraword WaterProof KJV Camo Bible are even weather proof and are resistant against water, ice, or condensation.

With thanks to the Christian Outdoorsman Resource Center, the Bible can now go anywhere, any time and any place, even hunting. For more info: www.christianoutdoorsman.com/

With all that said, the rest of it is up to the quality of the marksman, happy hunting!

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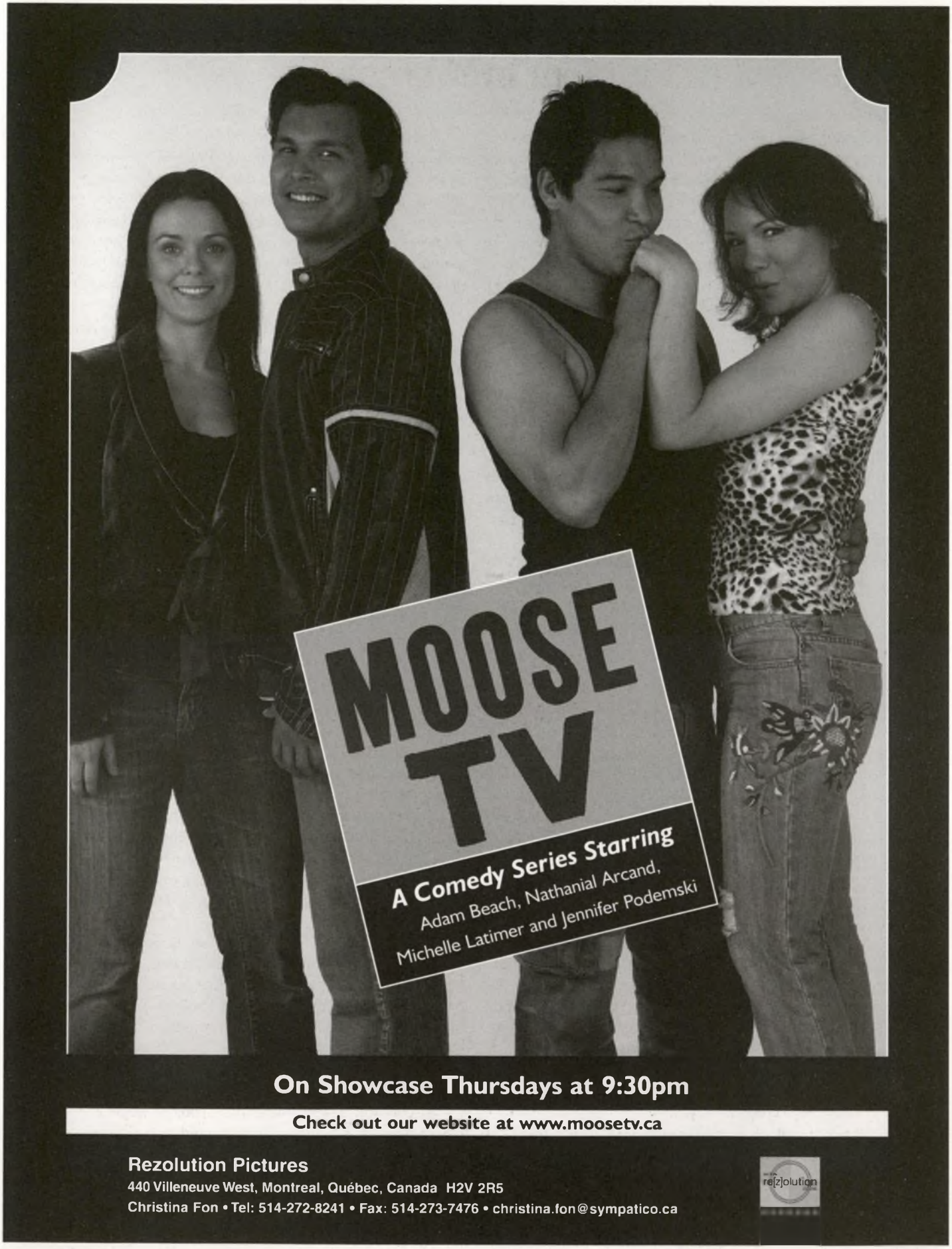
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Balancing conservation and economic development in Wemindji

By Ioana Radu

One of the most important issues of today's generation is whether our descendants will enjoy at least the same level of well-being as we do. Will there be enough trapline left for our grandchildren to hunt, trap and fish? How do we develop as a nation, yet keep our culture and identity alive in the centuries to come? Is such a balance feasible? Reconciling our present needs with those of generations to come is not an easy task.

These questions preoccupy many Cree, especially regarding Cree culture and traditional pursuits. The Cree Nation of Wemindji is taking an initiative that they hope will result in a balanced life both now and in the future.

The Paakumshumwaau Protected Area (PA) project, now in its fourth year of development, is a cooperative endeavor between the community of Wemindji and the McGill School of Environment and Concordia University. It envisions the creation of a "culturally-appropriate locally-managed" Protected Area south of Wemindji that encompasses the watershed of the Paakumshumwaau or Old Factory River, one of the largest rivers not yet developed for hydro-electric power, as well as coastal and offshore areas.

The project was initiated as a response of the community to increased pressures from resource-extraction industries and encroaching of non-native hunters and visitors. Most important for the Wemindji community, the proposed PA will include the Old Factory Island where members used to live prior to the 1958 relocation. As with most Cree communities in Eeyou Istchee, the Wemindji Eenouch maintain very strong bonds with their prior home, celebrating their origins through yearly gatherings.

Apart from being a significant ecological region, the PA area holds important cultural and historical significance for the community: burial sites, portages, campsites, and the Old Factory River are part and package of the Wemindji Eenouch identity and daily life.

The PA is unique as it tries to incorporate both land and marine ecosystems. As such, jurisdiction falls under both the federal and provincial governments, with both local and regional interests thrown into the mix. For such a diverse and complicated project the process will be long and legal designation may not be completed in the next decade.

The Department of Fisheries and Oceans has provided information on relevant federal legislation and policy, notably on the development of a marine protected area along the Wemindji coastline, according to Alan Penn, Scientific advisor with the CRA Department of Environment. This information has also been taken into consideration in the ongoing negotiations between the GCC/CRA and the federal government respecting the settlement of Cree offshore claims.

"If the Government of Quebec decides to accept this proposal and to implement it, there will most likely be other opportunities for collaboration between Wemindji and the GCC/CRA," said Penn.

As Eeyou Istchee is becoming the "new frontier" for mineral development – and Wemindji has already laid 89 claims in its territory – this becomes an additional important component that still needs to be addressed. Already there are various active and pending mining claims within the PA and if designated it will encompass 30 to 40 per cent of the Wemindji territory, mineral exploration excluded. Thus the community will now have to decide how to balance their economic development objectives with its conservation goals.

Chief Rodney Mark has been involved with the project since 2000, when the community started exploring ways of conserving this historical trade route.

> We wanted to take a balanced approach to protect the land in terms of family and community history.

"I feel very passionate about this," Monk said. "We wanted to take a balanced approach to protect the land in terms of family and community history. We are trying to tie in the idea of ecotourism and a cultural centre. We have found artifacts that are 5,000 years old. As far as mining is concerned, we have secured a moratorium on new claims within the PA area and will be consulting with the outside developers regarding the existing ones."

Given the weak Cree legal jurisdiction over Category III lands (JBNQA) and increased pressure from the Municipality of James Bay (Bill 40), it is hoped that once the Protected Area receives formal recognition, Wemindji Eenouch will gain a higher degree of decision-making powers within this important cultural and ecological area.

Professor Colin Scott, the project director with the McGill School of Environment, is more optimistic. "Throughout their traditional territory, whether we are considering Category I, II, or III lands, the Cree Nation of Wemindji is well-positioned to take a proactive and leading role in the development of protected areas," said Scott.

"The fact that Wemindji is constructively negotiating mining development in other areas and cannot be dismissed as 'anti-mining' or 'anti-development' has probably helped the community to have its aspirations for protected area development taken seriously by the Quebec Government. This summer the Quebec Government imposed a moratorium on the registration of any new mining claims in the proposed biodiversity reserve, which is a positive step toward official designation."

Have a safe & prosperous hunt!

On behalf of the Members of the Cree First Nation of Waswanipi we would like to wish everyone a safe and enjoyable moose Break.

May the time spent with family and friends during this year's traditional outings for moose hunting season leave you all with many wonderful memories. We are confident that many of our young hunters will return from their first hunt with great stories of their adventures!

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UNDER THE NORTHERN SKY

Nature's power

by Xavier Kataquapit

In the early morning hours the other day, I awoke to the sound of light rain outside my window. It felt good to stare into the dark and listen to the familiar rattle of rain falling on a tin roof. I was warm and comfortable and thought about all the times I spent out in the rain.

Back home in Attawapiskat we did our best to stay out of downpours when we could. In fact, whenever rain was forecast by our Elders, no one bothered to venture out on the land. We did not mind living in freezing cold for most of the year but to be cold and wet interested none of us.

As I lay in the dark, the rain eventually slowed. Just before I fell back to sleep, however, a loud blast shook me from my slumber. It was something I had never heard before in my life. It was nearby and it was just a simple loud discharge similar to the sound of a shotgun or rifle firing. I could tell from the deep resounding blast that was created that something big had happened.

Just seconds later, a flash of lightning lit up the room and loud rolling thunder reverberated through the house. The rain started again and this time, the sky opened up and it poured heavily for the next hour.

I lay in bed wondering what had created the sound. I thought of hunters or a neighbour firing a shotgun or rifle at bears. I also wondered at why anyone would do that during a downpour at two in the morning. The only other thought I had was that lightning had struck somewhere and I waited for the possibility that the power would go out. Fortunately, the electricity survived the strike.

There are many familiar sounds and sights I associate with rain, thunder and lightning. When we were young there were moments when the power of some storms made us feel we were in danger, but our parents and Elders assured us that lightning was not the problem they experienced years before.

Back then, unprotected houses were commonly hit by lightning. When that happened a strike meant at worst the possibility of being hit directly and at best your home catching on fire.

In the early days there were few buildings in Attawapiskat. The community was home to a small population living in wigwams and tents around a tall church and six or seven large buildings occupied by the missionaries and the Hudson's Bay Company. All these structures sat on an open field making them the only high points on the banks of the river. That of course would draw the lightning.

We live in a part of the world where weather is ever changing, right over our heads. There are no obstacles such as mountains or hills to impede fast-moving storm systems. On the James Bay coast, you can spot a storm miles before it arrives. Fortunately for us, as quickly as a major storm arrives, it can just as quickly disappear.

In the grander view of weather systems in North America, we are just on the northern frontier of storms that are capable of generating tornadoes. In the past, there have been reports of hunters and trappers coming across the twisted and blown remains of forests in the wilderness where a tornado touched down.

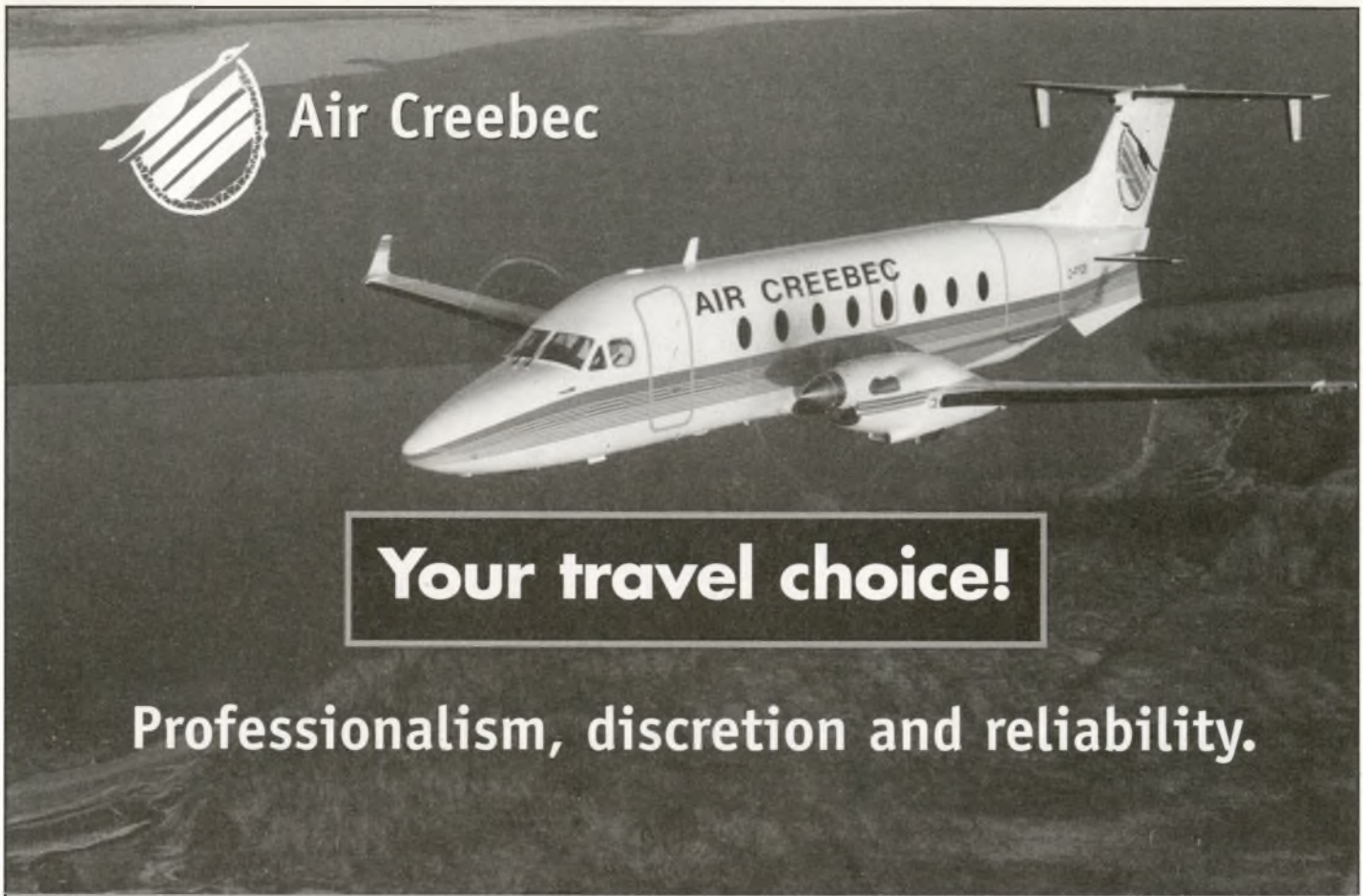
It is no wonder that many superstitions and traditions were born out of fear of the weather. There are stories of how shamans believed they could channel the power of the storms for good or evil. The thought was that when something as powerful as storms can invade your life perhaps in some way a person could take advantage of all that energy and direct it for good or evil.

As children, we were warned to stay indoors during a lightning storm and to keep away from metal objects. Any shiny object was considered dangerous when lightning was around, so we were told to hide mirrors, glass objects and shiny metal.

The next morning after this strange blast that I heard in the dark, I did some research on where the sound might have come from. I wondered if it would have been lightning striking a tree during the peak of the storm.

I discovered that a bolt of lightning travelling at 160,000 kilometres an hour with an average delivery of 100 trillion (million million) watts of power can generate 28,000 degrees Celsius of heat as it travels through the air. When this amount of energy hits a tree, the electrical current flows through the tree's sap, which literally explodes as it instantaneously evaporates under the extreme heat. That creates an explosion.

My Elders were on the right track with such great respect for powerful storms and lightning. We think we are so crafty and inventive with all of the powerful machines we can create in this modern age. It is very strange to think that Mother Earth dwarfs us when it comes to power and control and she has been doing this since the dawn of time.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BIRTHDAYS – 101

Happy Birthday to Uncle Samson Niquanicappo. His birthday is on September 28th. From Mary and Charlie Niquanicappo in Whapmagoostui.

I would like to wish my niece, Angel Helen Baribeau a happy 7th birthday on September 8, 2007. I am so grateful to have a niece as sweet and charming as her. She always makes me smile and makes me happy when being with her. She has a wild imagination and can brighten your day when you are feeling down. Angel, just to let you know that I will miss you so much and that I will think about you every day and every hour. Have a wonderful birthday and may you be blessed with many birthdays!!!!!! Love your Auntie Stephanie (Mist.) xoxoxoxox

Happy 13th birthday to Jaimee Macleod on September 17. Hey teenager!!! Good luck in grade 8 at Ecole Grand Morgan. Love from the whole gang, Mom, Russell, Alex, Jordan, Jake, Vanessa, Kaylynn, Trey, Bailey and the rest of your family in Mistissini. We love you.

We would like to wish happy birthday to a very good man, our father Pierre Rouleau who's birthday is on September 20. Happy birthday Dad! We love you & appreciate everything you do for us. You are a great father, a great chumshum & a great Husband. Mom is sending you her kisses & she said she love's you alot!! FR: your daughter Karine Rouleau, your son Daniel Rouleau, your wife Mary Mark Rouleau & your grandchildren!!! Happy birthday & we love you!

I would like to wish Happy Birthday to the love of my life Timothy Etapp from Waswanipi who will be 26 yrs on September 24. Happy birthday my love!! I can't wait for you to come back from work, I get so lonely ever since you work up north, but I 'm happy you're making $$$!! The boys miss you alot to. Keep you're head up out there & we will celebrate you're birthday when you come back home. Have fun, ok!! Fr: your fiance Karine Rouleau & your 3 boys: Isaac, Thomas & Hunter. We love you xxxx oooo.

Wishing a happy 4th birthday to my big boy, Raven Capassisit on September 10. My oh my, do you ever continue to impress me every day, and I know you'll never stop. I love you so much <3 MOM.

I want to send a happy belated birthday to my sis, Jody who celebrated her birthday with her twin, Dave on August 11th. Hope you both had a wonderful day. To Dave Mianscum & Lorraine Poucachiche, congrats on the birth of your twins, two beautiful little boys. God bless you all. Love, Margo Cooper in Ouje.

We would like to wish, Malachi B. Neeposh a Happy 5th Birthday on Septemeber 10/07. May you have a fun day. We love and miss you. We hope to see you soon. Love, your family in Waswanipi. P.S. Don't forget about us, ok?

Birthday greetings going out to our son Ethan-Robert on Sept 8 in Ojay. Happy 7th birthday! Always remember "u r special" & we love u. Again, Happy Birthday & many more...with love Mom, Dad & your brothers. Richard & Tommy.

Birthday greetings going out to my best friend Jenny Kawapit (My Rasputia) whose birthday is on September 28 and she'll be celebrating her 8th birthday. Have fun on your special day and I Love my Rasputia always. From: Wesley George (Your Norbit).

Aviva keep smiling for Mommy & Daddy, when the sun is covered by the clouds you

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are my sunshine, so keep on smiling. Happy Birthday to our baby girl, Aviva Grace Sarah, on September 14. Love Dad & Mom.

Happy 5th Birthday to our baby & brother Daniel Coon. Happy Birthday on September 1 & many many many more to come. We love you soooo much. Love Mommy, Daddy & your big sis, Aditch.

HAPPY BIRTHDAY LORNE: Well, it's been 16 years now Son, since you have blessed us with your arrival. It seems like only yesterday you were born. I will always remember how fast you came into this world and how I cried with you when you were in pain. Now that you're grown and have become a young man, a great man, always remember we love you and there's nothing we cannot overcome. Always and forever, lov Mom, Dad, Krystianne and Sequan.

I would like to wish a Happy 3rd Birthday to my nephew Matthew George on September 1 and many more birthday cakes to come. I love you, Matthew!! Also, I would like to wish a Happy 4?th Birthday to my mother Doris George and many many more to come. I love you, Mom so so much!! Love always, Beverly.

PERSONAL MESSAGES - 300

I am an antiques collector. I need to know if anyone in the Cree Nation has any old dishes, cups, furniture etc. I collect almost everything. Leave me an email message, and a pic of your articles if possible, and of course the price of what you are selling. Email address: sheshamush_@msn.com

Congratulations to Makayla Sheshamush on winning her yellow belt in karate. You worked hard to win your belt. I'm proud of you girl. Love you, your googoo in Whapmagoostui.

I would like to send all best wishes to Dinah Bosum who is attending Algonquin College in Ottawa. Letting you know that we will always be here for you and our Granddaughter Chantal. We are just a phone call away. We will surely miss our granddaughter Chantal, but we will come around to visit. Love you both, Margo & Henry Cooper.

I would like to congratulate Leeanne Bosum and Renee Dixon on their graduation on August 20th from Secondary V at Waapihtiiwewan School. Wishing you the best and run for your dreams and never give up. Your theme said it all "The Key to a Brighter Future is Education". Love you both and many successes in your studies. Margo Cooper.

PUBLIC SERVICE ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out our website at: www.nwsm.info and feel free to give us any feedback.

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